VEGAN RESET

The **28-DAY PLAN** to Kickstart Your Healthy Lifestyle

KIM-JULIE HANSEN

HOUGHTON MIFFLIN HARCOURT
BOSTON NEW YORK 2018

OceanofPDF.com

OceanofPDF.com

Contents

Part One
Getting Started

.....

Part Two
The 28-Day Program

.....

Part Three
Beyond the Reset:
Continuing with a Vegan Lifestyle

.....

Part Four
Beyond the Reset:
Additional Recipes

.....

Appendix & Resources

Acknowledgments

Index

About the Author

Connect with HMH

OceanofPDF.com

My STORY

The book you are holding in your hands is a cookbook, a 28-day meal plan, and a practical guide to a vegan lifestyle. It is meant to introduce you to the basics of plant-based cooking and living, step by step.

OceanofPDF.com

Quicker digestion Animal products contain no fiber, so it can take up to a few days, or in some cases even longer, to digest them. That may be the norm for many people, but it's certainly not healthy. So, if you find yourself having to go to the bathroom a little more often, view it as a good thing and a sign that your body is getting healthier.

Amazing things Some changes may take a little longer than a week, but your body can undergo amazing changes as a consequence of adopting a plant-based diet. You may also feel overall more energized, so simply stay attentive and try to enjoy the experience.

Mustard greens

Romaine lettuce

Radicchio

Rainbow chard

Rapini

Spinach

Swiss chard

Watercress

FRESH HERBS

Basil

Bay leaf

Chives

Cilantro/coriander

Dill

Lemongrass

Marjoram

Mint

Oregano

Parsley

Rosemary

Sage

Tarragon

Thyme

HOW TO STORE FRESH HERBS

You can buy most fresh herbs in small pots and keep them on the countertop at room temperature. If, however, you're buying cut herbs, snip off the bottoms of the stems and put them in a jar with a little water, like a vase. Most herbs need to

Jícama

Parsnips

Radishes

Sweet potatoes

Turnips

Yams

CRUCIFERAE (THE CABBAGE FAMILY) AND FLOWER BUDS

Artichokes

Bok choy

Broccoli

Broccolini

Brussels sprouts

Cabbage (white, purple)

Cauliflower

SQUASHES

Acorn

Butternut

Delicata

Hokkaido

Kabocha

Yellow summer squash

Zucchini

SEA VEGETABLES

Sea vegetables can give dishes a fish-like taste, which is why they're often used in mock tuna dishes or other vegan imitation seafoods.

Irish moss

Pineapple Pineapples should be stored outside the fridge. If you can, try to store them upside down. Have you ever noticed how the bottom part of a pineapple is much sweeter than the top part? If you store them upside down while ripening, the fruit sugars can distribute more evenly.

Tomatoes Store tomatoes at room temperature. Refrigerating them keeps them from ripening and changes their texture and taste. An exception to the rule are market-fresh tomatoes that were picked at peak ripeness. They will keep longer if stored in the fridge, especially during hot summer months.

Lentils and beans should be a staple food in every vegan kitchen. They're an excellent source of plant-based protein, and they're filling, tasty, and easy to incorporate into savory dishes, salads, and even healthy desserts. They are available cooked and canned, or uncooked and dried; both kinds keep well for a long time. Store dried beans and legumes in a cool, dry place, but never in the refrigerator.

LENTILS

Black or beluga lentils

Brown lentils

French lentils

Green lentils

Red lentils

Split peas

Yellow lentils

BEANS

Adzuki beans

Black beans

Black-eyed peas

Butter beans

Cannellini beans

Chickpeas/garbanzo beans

Cranberry beans

Great northern beans

Kidney beans

Lima beans

Lupin beans

Mung beans

Most of us are works in progress and will probably always be. Life is not about reaching an end point where everything is perfect; it's about finding, creating, and celebrating yourself every step of the way. The 28-day program in this book includes daily reminders and exercises that will help guide you on this journey. No matter where you're at right now, remember that you are not alone and that the past does not have to determine the future. Every new day is a new opportunity to be a little kinder to yourself and to regain control of your own happiness.

OceanofPDF.com

Combine 1 part quinoa and 2 parts water in a pot. Bring to a boil. Reduce the heat to low and cook, covered, until the quinoa has absorbed all of the water, about 15 minutes. Fluff with a fork. One cup of dry quinoa will make 3 cups cooked. Use this same method to cook millet.

soaking cashews (and other nuts and seeds)

Cashews are high in fat, which makes them a good base for creamy sauces. Soak them in water for at least 2 to 3 hours, or even better, overnight, before blending them, unless you are using a high-speed blender, in which case you can omit the soaking step. Follow these instructions for soaking other nuts or seeds as well.

OceanofPDF.com

"Acknowledging the good that you already have in your life is the foundation for all abundance."

—Eckhart Tolle

OceanofPDF.com

Week One
SHOPPING LIST

FRUITS

Bananas	11
Lemons	6
Fresh mango	1
Watermelon	1
Pears	6
Oranges	2
Lime	1
Medjool dates	3
Fresh berries* (of your choice)	1 pint
Apples	3
Blackberries*	1 pint
Dried cranberries, unsweetened	1 package
Frozen raspberries	1 package
Frozen mango	1 package

VEGETABLES

Sweet potatoes	4
Green onions	1 bunch
Garlic	1 bulb
Onion	1

Balsamic vinegar

*Vegetable broth**

*Nutritional yeast**

Ground black pepper

*Vanilla extract**

*Liquid smoke**

Peanut butter

Tamari or soy sauce

*Smoked paprika**

*Cornstarch**

Mustard

Curry powder

*Crushed red pepper flakes**

OceanofPDF.com

Makes 3 servings

2 stalks celery, finely chopped

1 bell pepper, diced, sliced, or chopped

1 head romaine lettuce, chopped

3 green onions, chopped

½ cup chopped purple cabbage (from about ¼ head)

½ small (or ¼ large) cucumber, chopped (optional)

1. Combine all of the ingredients and store in an airtight container in the fridge.

OceanofPDF.com

Day 1

1,937 CALORIES

"We have to dare to be ourselves, however frightening or strange that self may prove to be."

—May Sarton, poet and novelist

BREAKFAST

Raspberry-Peanut Butter Shake

526 calor es

Prep time: 2 m nutes

Total time: 2 m nutes

2 bananas
1 cup frozen raspberries
¾ cup almond milk
2 tablespoons peanut butter

1. Blend all of the ingredients in a blender until smooth. Enjoy!

LUNCH

Purple Cabbage Boats with Peanut Tofu

404 calor es

Prep time: 2 m nutes

Total time: 2 m nutes (add 2 to 3 m nutes f you choose to reheat the vegg e mix and tofu)

2 purple cabbage leaves

1 serving Peanut Tofu

1 serving Cooked Veggie Mix

Fresh cilantro, for garnish (optional)

1. Fill the cabbage leaves with the tofu and the veggie mix.

2. Top with fresh cilantro, if using, and enjoy!

SNACK

Fruit

402 calories

4 watermelon slices

1 pear

DINNER

Loaded Sweet Potatoes

605 calories

Prep time: 3 minutes

Total time: 3 minutes (add 2 to 3 minutes if you choose to reheat the sweet potatoes and veggie mix)

Sweet Potatoes

2 Baked Sweet Potatoes (4 halves) insides slightly carved out and reserved

1 serving Cooked Veggie Mix

Dash of ground black pepper

Sauce

The insides of the carved-out sweet potatoes (above)

⅓ cup cashews, soaked in water (see soaking cashews (and other nuts and seeds))

Juice of 1 lemon
1 tablespoon nutritional yeast
1 teaspoon smoked paprika
Pinch of sea salt
1 teaspoon mustard
¼ cup almond milk

1. Fill the sweet potatoes with the veggie mix and sprinkle with the pepper.

2. Blend the sauce ingredients together in a blender until they reach a smooth consistency.

3. Top the sweet potatoes with the sauce, then enjoy!

OceanofPDF.com

Day 2

1,975 CALORIES

"Don't take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering."

—*Miguel Ángel Ruiz, author of* The Four Agreements

BREAKFAST

Watermelon & Orange Slices

473 calories

Prep time: 2 minutes

Total time: 2 minutes

¼ watermelon, sliced
2 oranges (cut into quarters)

LUNCH

Sweet Potato Bowl

549 calories

Prep time: 2 minutes

Total time: 2 minutes

2 Baked Sweet Potatoes (4 halves) diced
1 serving Peanut Tofu

1 serving Raw Veggie Mix

1. Combine all of the ingredients in a bowl and enjoy!

SNACK

Fruit & Peanut Butter

403 calor es

2 bananas
2 tablespoons peanut butter

DINNER

Chickpea Cabbage Boats

550 calor es

Prep time: 2 m nutes

Cook time: 3 min.tes

Total time: 5 m nutes

Cabbage Boats
1 cup Cooked Chickpeas (see How to Cook Beans)
1 tablespoon olive oil
1 teaspoon curry powder or ground turmeric
1 serving Cooked Veggie Mix
2 purple cabbage leaves
Herbs of choice, for garnish (optional)

Maple Mustard
2 tablespoons mustard
1 tablespoon maple syrup

1. Cook the chickpeas with the olive oil and curry powder in a large skillet over high heat for 2 minutes.

2. Add the veggie mix to the pan and cook for another minute.

3. Mix the mustard and maple syrup with a fork or whisk.

4. Fill the cabbage leaves with the chickpea-veggie mixture, top with the maple mustard, garnish with herbs, if using, and enjoy!

OceanofPDF.com

Day 3

1,963 CALORIES

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

—*Rumi, Persian poet*

BREAKFAST

Pink & Orange Layered Smoothie

544 calories

Prep time: 5 minutes

Total time: 5 minutes

Orange Layer

1 banana

1 cup frozen mango chunks

½ cup almond milk

1 tablespoon ground flaxseed

Pink Layer

1 banana

¾ cup frozen raspberries

½ cup almond milk

1 tablespoon ground flaxseed

1. Blend the ingredients for each layer separately until smooth. Layer in a mason jar or cup. Enjoy!

2. Combine the cashew cream with the pears, drizzle with maple syrup, and enjoy!

LUNCH

Corn-Avocado Tacos

559 calories

Prep time: 3 minutes

Total time: 3 minutes

Dressing

½ avocado

Juice of 1 lemon

Pinch of sea salt

2 teaspoons olive oil

Tacos

3 soft corn tortillas

1 cup corn kernels

1 serving Raw Veggie Mix

1. Mix or blend all of the dressing ingredients until they reach a smooth consistency.

2. Fill the tortillas with the corn, veggie mix, and dressing, and enjoy!

SNACK

Fruit

179 calories

1 cup fresh berries

1 apple

5. Serve the pasta with the sauce, chopped peanuts, and cilantro.

OceanofPDF.com

¾ cup almond milk

½ cup oats

2 teaspoons maple syrup

1. Mix the almond milk, oats, and maple syrup in a jar, then let sit overnight.

OceanofPDF.com

Day 5

1,983 CALORIES

"The most regretful people on earth are those who felt the call to creative work, who felt their own creative power restive and uprising, and gave to it neither power nor time."

—Mary Oliver, American poet

BREAKFAST

Overnight Oats

593 calories

Prep time: 2 minutes

Total time: 2 minutes

Overnight Oats mixture
2 tablespoons peanut butter
1 pear, sliced
⅓ cup fresh blackberries
3 tablespoons dried cranberries

1. Combine all of the ingredients in a bowl and enjoy!

LUNCH

Potato-Veggie Bowl

577 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you choose to reheat the potatoes and veggie mix)

Dressing

2 tablespoons mustard

1 tablespoon maple syrup

Base

1 serving Cooked Veggie Mix 2

1 cup Boiled Potatoes

Toppings

1 avocado, sliced or diced

1 tablespoon Curried Pumpkin Seeds

1. Mix the dressing ingredients together using a fork or whisk.
2. Combine the veggies and potatoes in a bowl.
3. Top with the dressing, avocado, and pumpkin seeds and enjoy!

SNACK

Fruit

202 calories

1 mango

DINNER

Green Bean Plate with Potato-Cauliflower Mash

611 calories

Prep time: 2 minutes

Cook time: 5 minutes

Total time: 7 minutes

1 cup green beans
1 garlic clove, minced
2 teaspoons olive oil
1 cup Cooked Black Beans
Sea salt and ground black pepper, to taste
1 serving Potato-Cauliflower Mash
1 tablespoon sunflower seeds

1. Sauté the green beans and garlic in the oil in a pan over medium heat for 5 minutes.

2. Add the black beans to the pan and cook for another 2 minutes.

3. Season with salt and pepper and serve with the mash and sunflower seeds.

OceanofPDF.com

Day 6

2,013 CALORIES

"If we think our job here on earth is to fix ourselves, we will keep looking for the broken places. If we believe our job is to be kind, we will keep lavishing love on ourselves."

—Geneen Roth, author and expert on compulsive eating

BREAKFAST

Savory Breakfast Bowl

523 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you choose to reheat the brown rice and black beans)

- **½ cup Cooked Brown Rice**
- **½ cup Cooked Black Beans**
- **1 avocado, sliced or diced**
- **1 tablespoon Curried Pumpkin Seeds**

1. Combine all of the ingredients in a bowl and enjoy!

LUNCH

Portobello Mushroom Bowl

489 calories

Prep time: 2 minutes

Cook time: 10 minutes

Total time: 12 minutes

2 bell peppers, hollowed out
1 cup Cooked Brown Rice
1 serving Cooked Veggie Mix 2
1 serving Cheezy Sauce

1. Preheat the oven to 425°F/218°C (optional; you can also eat the peppers raw). If desired, bake the bell peppers for 10 minutes.

2. Meanwhile, reheat the rice and the veggie mix together in a pot for a few minutes.

3. Fill the peppers with the rice and veggie mix and top with the sauce.

OceanofPDF.com

Day 7

2,004 CALORIES

"Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge."

—Eckhart Tolle, spiritual teacher and author

BREAKFAST

Jumbo Green Smoothie

495 calor es

Prep time: 2 m nutes

Total time: 2 m nutes

3 frozen bananas
½ small (or ¼ large) zucchini
1 cup kale
½ celery stalk
1 tablespoon peanut butter
2 teaspoons ground flaxseed
1 cup almond milk

1. Blend all of the ingredients until they've reached a smooth consistency. Enjoy!

LUNCH

Black Bean Tacos

619 calor es

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you choose to reheat the beans and rice)

3 soft corn tortillas
1 cup Cooked Black Beans
½ cup Cooked Brown Rice
2 cups chopped kale
1 tablespoon Curried Pumpkin Seeds
Fresh herbs of your choice, for garnish (optional)

1. Fill the tortillas with all the remaining ingredients and enjoy!

SNACK

Fruit & Nuts

278 calories

2 apples
2 tablespoons cashews

DINNER

Kale-Lemon Salad

612 calories

Prep time: 2 minutes

Total time: 2 minutes

Salad
½ avocado, mashed
3 cups shredded kale
2 radishes, thinly sliced (optional)
¼ cucumber, diced
⅓ cup cherry or grape tomatoes, halved

3 tablespoons sunflower seeds

3 tablespoons dried cranberries

Dressing

Juice of 1 lemon

1 tablespoon olive oil

2 teaspoons apple cider vinegar (optional)

Pinch of sea salt

1. In a bowl, massage the avocado into the kale. Add the remaining salad ingredients.

2. Mix the dressing ingredients using a fork or whisk.

3. Combine the salad and dressing and enjoy!

OceanofPDF.com

End of Week One:

JOURNALING EXERCISE

What was the best thing about this week?

What did I learn about myself this week?

What did I learn about my eating habits this week?

What am I proudest of this week?

What could I improve next week?

What's my number one goal for next week?

OceanofPDF.com

*Cayenne pepper**

*Yellow mustard**

*Liquid smoke**

Vegetable broth (or vegetable bouillon paste like Better Than Bouillon)*

Olive oil

*Smoked paprika**

Sea salt

Ground black pepper

*Apple cider vinegar**

Maple syrup

*Crushed red pepper flakes**

MYLK

Unsweetened almond milk 1 quart

OceanofPDF.com

Day 8

2,021 CALORIES

"Being messy is not hereditary nor is it related to lack of time."

—*Marie Kondo, author of* The Life-Changing Magic of Tidying Up

BREAKFAST

Blueberry Granola Bowl

509 calories

Prep time: 2 minutes

Total time: 2 minutes

1 serving Granola
½ cup fresh blueberries
½ cup almond milk

1. Mix all of the ingredients together and enjoy!

LUNCH

Avocado-Kale Salad

610 calories

Prep time: 3 minutes

Total time: 3 minutes

1 avocado, diced
1 cup lacinato or curly kale
1 cup arugula

1 green onion, chopped
2 tablespoons sunflower seeds
2 tablespoons raisins
⅓ cup (1 serving) Lemon Vinaigrette

1. In a bowl, massage the avocado into the kale and arugula.

2. Mix with all the remaining ingredients and enjoy!

Note: If you prepare this dish at the beginning of the day to eat later, be sure to keep the dressing in a separate container until you are ready to eat.

SNACK

Fruit

226 calories

½ pineapple, cut into slices or chunks

DINNER

White Bean-Squash Bowl

676 calories

Prep time: 5 minutes

Cook time: 3 minutes

Total time: 8 minutes

½ cup Cooked White Beans
½ cup Cooked Quinoa
1 serving Lemon-Kissed Brussels Sprouts
1 serving Baked Kabocha Squash
⅓ cup (1 serving) Lemon Vinaigrette

1. Combine the beans, quinoa, Brussels sprouts, and squash in a pot or pan and reheat over medium heat for 3 minutes.

2. Transfer to a bowl and add the vinaigrette. Enjoy!

OceanofPDF.com

Day 9

1,977 CALORIES

"Act the way you want to be and soon you will be the way you act."

—Iyanla Vanzant, life coach and inspirational speaker

BREAKFAST

Tropical Creamsicle Smoothie Bowl

547 calories

Prep time: 2 minutes

Total time: 2 minutes

Smoothie

2½ cups frozen peach slices
2 oranges, skin and seeds removed
¼ pineapple, skin removed, chopped
½ cup almond milk

Toppings

1 tablespoon chopped hazelnuts
1 tablespoon chopped cashews
1 tablespoon raisins
1 tablespoon quick-cooking oats

1. Blend the smoothie ingredients until they reach a smooth consistency.

2. Transfer to a bowl, then add the toppings. Enjoy!

LUNCH

Lentil Bowl with White Bean Dip

649 calories

Prep time: 2 minutes

Cook time: 2 to 3 minutes

Total time: 4 to 5 minutes

1 serving Herbed Lentils
1 serving White Bean Dip

1. Combine the herbed lentils and white bean dip in a pan. Reheat over medium heat for 2 to 3 minutes.

2. Transfer to a bowl and enjoy!

SNACK

Fruit

149 calories

1 apple
2 tablespoons raisins

DINNER

Pineapple Fried Wild Rice

632 calories

Prep time: 2 minutes

Cook time: 5 to 6 minutes

Total time: 7 to 8 minutes

1 tablespoon olive oil

¼ pineapple, peeled and diced
1 cup Cooked Wild Rice
1 cup chopped kale
Pinch of sea salt
Pinch of ground black pepper
1 avocado, sliced or diced

1. Heat the oil in a pan over high heat. Add the pineapple and cook for 3 minutes, stirring well.

2. Add the wild rice and kale. Reduce the heat to medium and cook for an additional 2 to 3 minutes. Season with salt and pepper.

3. Serve with the avocado.

OceanofPDF.com

Day 10

1,984 CALORIES

"Your life is an occasion. Rise to it."

—Suzanne Weyn, author

BREAKFAST

Plum Granola

593 calories

Prep time: 2 minutes

Total time: 2 minutes

1 serving Granola
½ cup almond milk
5 plums, sliced

1. Combine the granola, almond milk, and plums in a bowl. Enjoy!

LUNCH

Herbed Lentils & Lemon-Kissed Brussels Sprouts

560 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you choose to reheat the lentils and Brussels sprouts)

1 serving Herbed Lentils
1 serving Lemon-Kissed Brussels Sprouts

¼ cup water
1 garlic clove
½ teaspoon sea salt
Dash of ground black pepper

Garnish
Fresh herbs of your choice (optional)
Olive oil

1. Reheat the potatoes in a small pan over high heat for 1 to 2 minutes. (If you'd like to warm the kale, you can do that at the same time.) Put the potatoes, kale, and arugula in a bowl.

2. Blend all of the sauce ingredients until smooth. Transfer to a pot and cook over high heat for 1 to 2 minutes.

3. Pour the sauce over the veggies. Sprinkle with herbs, if using, drizzle olive oil on top, and enjoy!

Note: If using frozen corn, cook over medium heat for 1 to 2 minutes before blending

OceanofPDF.com

Day 11

1,939 CALORIES

"The greatest gift you can ever give another person is your own happiness."

—Esther Hicks, inspirational speaker and author

BREAKFAST

Cucumber-Banana Milkshake

548 calories

Prep time: 2 minutes

Total time: 2 minutes

3 frozen bananas
¼ cucumber
2 tablespoons peanut butter
¾ cup almond milk

1. Blend all of the ingredients until they reach a smooth consistency. Enjoy!

Note: This will not taste the same with non-frozen bananas, so make sure to use frozen bananas. To make blending easier, cut the frozen bananas into chunks

LUNCH

Crisp Cucumber & Quinoa Salad

525 calories

Prep time: 2 minutes

Total time: 2 minutes

1 cup Cooked Quinoa
1 cup arugula
3 radishes, sliced
¼ cucumber, diced
2 tablespoons sunflower seeds
⅓ cup (1 serving) Lemon Vinaigrette
Sea salt and ground black pepper to taste

1. Mix all of the ingredients well and enjoy!

SNACK

Veggies & Dip

375 calories

2 carrots
1 red bell pepper
1 serving White Bean Dip

DINNER

Kidney Bean Bowl with Candied Radishes

491 calories

Prep time: 3 minutes

Cook time: 5 to 6 minutes

Total time: 8 to 9 minutes

1 tablespoon olive oil
4 medium or 6 small radishes, diced
1 tablespoon maple syrup
½ teaspoon sea salt

1 cup Cooked Kidney Beans
1 serving Baked Kabocha Squash
1 cup arugula

1. In a pan, heat the olive oil and the radishes over high heat for 2 minutes.

2. Add the maple syrup and salt, then caramelize the radishes for 1 to 2 minutes. Reduce the heat to medium and cook for another 2 minutes.

3. In another pot or pan, reheat the kidney beans and squash for 2 minutes.

4. Serve everything over a bed of arugula.

OceanofPDF.com

1. Preheat the oven to 400°F/200°C. Line a baking sheet with parchment paper.

2. Peel the carrots, cut off the ends, and slice the carrots very thinly using a sharp knife or vegetable peeler.

3. Mix the liquid smoke, olive oil, salt, and paprika in a small bowl. Mix in the carrots, making sure that the carrots are fully coated with the seasoning mixture.

4. Spread the carrots on the baking sheet. Bake for 12 to 13 minutes.

5. Let cool, then store in an airtight container at room temperature.

OceanofPDF.com

Day 12

2,007 CALORIES

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

—Oprah Winfrey

BREAKFAST

Banana-Berry-Peach Smoothie

599 calories

Prep time: 3 minutes

Total time: 3 minutes

2 bananas
1 cup frozen peach slices
1 cup water
1 cup frozen blueberries
2 tablespoons peanut butter

1. Blend the bananas, peaches, water, blueberries, and peanut butter until they reach a smooth consistency.

LUNCH

Cashew & Avocado Sandwich

598 calories

Prep time: 3 minutes

Total time: 3 minutes

½ avocado
3 slices regular or gluten-free sandwich bread, toasted
½ teaspoon smoked paprika
Pinch of sea salt
½ serving Spicy Cashew Dressing
1 cup or 2 leaves butter lettuce
1 tomato, sliced
1 serving Smoky Carrots

1. Mash the avocado and spread on one slice of toast. Sprinkle with the smoked paprika and salt. Top with a second slice of toast.

2. Spread the spicy cashew dressing on top of the second slice of toast. Add the lettuce, tomato, and carrots. Top with the remaining slice of toast and enjoy!

SNACK

Grapes

248 calories

4 cups grapes

DINNER

Shiitake Rice Bowl

562 calories

Prep time: 2 minutes

Cook time: 4 minutes

Total time: 6 minutes

1 tablespoon olive oil
½ cup sliced shiitake mushrooms
½ cup Cooked Wild Rice
½ cup Cooked Chickpeas
1½ cups chopped chard
Sea salt and ground black pepper, to taste
1½ servings Spicy Cashew Dressing

1. Heat the oil and mushrooms in a pan over high heat for 1 minute.

2. Reduce the heat to medium, then add the rice, chickpeas, and chard. Season with salt and pepper. Cook for 3 minutes.

3. Stir well, then transfer to a bowl and serve with the dressing.

OceanofPDF.com

Day 13

1,955 CALORIES

"Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there."

—Rumi, Persian poet

BREAKFAST

Peanut Butter Toast with Berries & Almond Milk

587 calories

Prep time: 2 minutes

Total time: 2 minutes

3 tablespoons peanut butter
2 slices regular or gluten-free bread, toasted
½ cup fresh blueberries
1 cup almond milk

1. Spread the peanut butter on the toast and top with the blueberries. Enjoy with the almond milk on the side.

LUNCH

Brown Rice Pasta with Artichokes

517 calories

Prep time: 2 minutes

Cook time: 8 to 11 minutes

Day 14

1,984 CALORIES

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."

—*Angela Davis, activist and author*

BREAKFAST

Banana Granola

572 calories

Prep time: 2 minutes

Total time: 2 minutes

1 serving Granola
1 banana, sliced
½ cup almond milk

1. Combine the granola, banana, and almond milk in a bowl. Enjoy!

LUNCH

Chickpea Salad

665 calories

Prep time: 3 minutes

Total time: 3 minutes (add 2 to 3 minutes if you choose to heat up the chickpeas)

1 avocado
2 cups butter lettuce, torn

End of Week Two:

JOURNALING EXERCISE

What was the best thing about this week?

What did I learn about myself this week?

What did I learn about my eating habits this week?

What am I proudest of this week?

What could I improve next week?

What's my number-one goal for next week?

OceanofPDF.com

Week Three
SHOPPING LIST

Note: You may already have some of the items listed, so make sure you check your pantry before shopping.

FRUITS

Kiwis	3
Apples	3
Bananas	9
Fresh blueberries, or frozen	1 pint
Small tomatoes	7
Cherry tomatoes*	1 pint
Avocados	3
Limes	5
Frozen blueberries	1 bag
Frozen mango	1 bag

DRIED FRUIT

Unsweetened coconut flakes (not shredded)	1 bag

VEGETABLES

Large white onions	2
Red onion	1
Garlic	1 bulb

Yellow or Dijon mustard

Nutritional yeast

Rice paper (1 pack; optional)*

Tomato paste

*Cacao powder**

SPICES

Smoked paprika (or regular paprika)

*Liquid smoke (or smoked salt)**

Ground turmeric (or curry powder or saffron)*

*Ground cinnamon**

Sea salt

Ground black pepper

MYLK

Unsweetened cashew milk (or any other plant-based milk)	1 quart
Full-fat coconut milk (for cooking)	one 14-ounce can
Unsweetened coconut yogurt	8 ounces (1 cup)

OceanofPDF.com

Week Three
MENU

DAY 15

Breakfast Turmeric-Tofu Scramble on Corn Tortilla

Lunch Burrito Bowl

Snack Fruit & Nut Butter

Dinner Black Bean Tortillas

DAY 16

Breakfast Overnight Oats

Lunch Tortilla Bean Salad

Snack Veggies & Tahini

Dinner Tofu & Rice Spring Rolls with Peanut Dip

DAY 17

Breakfast Blueberry-Banana Ice Cream

Lunch Spring Roll Bowl

Snack Fruit & Nuts

Dinner Creamy Corn-Tomato Soup

DAY 18

Breakfast Apple-Cinnamon Rice Pudding

Lunch Chickpea & Root Veggie Bowl

Snack Fruit & Nut Butter

Dinner Bok Choy Miso Soup

DAY 19

Breakfast Coco Mango Froyo

Lunch Chickpea & Arugula Salad

Snack Veggies & Seed Butter

Dinner Mushroom Rice Bowl

DAY 20

Breakfast Chocolate Granola

Lunch Potato Bake on a Bed of Arugula

Snack Fruit & Nuts

Dinner Coconut Lentil Soup

DAY 21

Breakfast Banana-Chocolate Shake

Lunch Yellow Lentil Bowl

Snack Veggies & Seed Butter

Dinner Potato Bake & Swiss Chard

OceanofPDF.com

3. Let cool and store in a jar in the fridge.

Prep the Fruits & Veggies

1. Freeze 5 bananas: Peel the bananas before freezing them, and store in a reusable container or ziplock bag (reusable containers are more eco-friendly). Try not to cut the bananas before freezing them so they don't stick together. You'll find them very easy to cut while frozen.

2. Cut the veggies (optional): In order to save time during the week, you can prep the veggies you'll need for the spring rolls and snacks.

OceanofPDF.com

LUNCH

Burrito Bowl

654 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 5 minutes if you choose to reheat the rice, beans, and veggies)

- **2 cups mixed greens**
- **1 cup Cooked Sushi Rice**
- **½ cup Cooked Black Beans**
- **1 serving Cooked Veggie Mix**
- **⅓ avocado, sliced or diced**
- **½ handful of fresh cilantro leaves**
- **1 serving Salsa**
- **Juice of ½ lime**

1. Combine all of the ingredients in a bowl and enjoy!

SNACK

Fruit & Nut Butter

306 calories

- **2 bananas**
- **1 tablespoon peanut butter**

DINNER

Black Bean Tortillas

513 calories

Prep time: 2 minutes

Cook time: 2 to 5 minutes

Total time: 4 to 7 minutes

2 corn tortillas
1 serving Cooked Veggie Mix
½ cup Cooked Black Beans
1½ cups shredded collard greens
1 serving Smoky Ketchup
1 serving Maple Pumpkin Seeds

1. Heat the tortillas in the oven, in a skillet, in the toaster, or in the microwave.

2. Reheat the veggies and beans at the same time.

3. Fill the tortillas with the veggies, beans, and collards, and top with the ketchup and pumpkin seeds.

OceanofPDF.com

LUNCH

Tortilla Bean Salad

573 calories

Prep time: 2 minutes

Cook time: 0 to 3 minutes

Total time: 2 to 5 minutes (add 2 to 3 minutes if you choose to reheat the beans)

- **1 corn tortilla**
- **1 serving Baked Root Veggie Mix**
- **1 cup Cooked Black Beans**
- **1 cup mixed greens**
- **1 cup shredded collard greens**
- **1 serving Coconut Bacon**
- **1 serving Salsa**

1. Heat the tortilla in the oven, in a skillet, in the toaster, or in the microwave.

2. Fill it with the root veggies, beans, mixed greens, and collards and top with the coconut bacon and salsa.

SNACK

Veggies & Tahini

202 calories

- **4 celery stalks**
- **2 tablespoons tahini**

Note: Feel free to mix some lime or lemon juice and water into the tahini if you don't like the taste by itself.

OceanofPDF.com

Day 17

1,993 CALORIES

"The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men."

—Alice Walker, author

BREAKFAST

Blueberry-Banana Ice Cream

415 calories

Prep time: 3 to 5 minutes

Total time: 3 to 5 minutes

2 frozen bananas
1 cup frozen blueberries
¼ cup cashew milk
2 tablespoons walnuts

1. Blend the bananas, blueberries, and cashew milk in a blender or food processor. You may need to cut the bananas into smaller chunks. Add more cashew milk or water if necessary.

2. Top with the walnuts and enjoy!

LUNCH

Spring Roll Bowl

746 calories

Prep time: 2 minutes

Total time: 2 minutes

1 cup mixed greens
Leftover Spring Rolls (from Day 16)
Leftover Peanut Dip (from Day 16)
1 serving Maple Pumpkin Seeds

1. Combine the greens, spring rolls, peanut dip, and pumpkin seeds in a bowl. Enjoy!

SNACK

Fruit & Nuts

218 calories

1 apple
3 tablespoons walnuts

DINNER

Creamy Corn-Tomato Soup

614 calories

Prep time: 2 minutes

Cook time: 5 minutes

Total time: 7 minutes

4 small tomatoes, chopped
1 serving Cooked Veggie Mix
½ cup corn (frozen or canned)
1 serving Smoky Ketchup

1 teaspoon veggie bouillon paste
½ cup canned full-fat coconut milk (see Note)
Sea salt and ground black pepper, to taste
½ handful of fresh cilantro leaves
1 serving Coconut Bacon

1. Place the tomatoes, veggie mix, corn, ketchup, veggie paste, and coconut milk in a small pot, mix well, and cook for 5 minutes on medium to high heat. Season with salt and pepper.

2. Transfer to a bowl and top with the cilantro and coconut bacon.

Note: Be sure to use canned coconut milk for cooking, not the carton coconut milk sold for drinking.

OceanofPDF.com

2. Transfer to a bowl and mix in the cashews, maple syrup, and cinnamon.

3. You can either enjoy the apple on the side or dice it and mix it into the rice pudding.

LUNCH

Chickpea & Root Veggie Bowl

576 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you decide to reheat the chickpeas and veggies)

- **1 cup mixed greens**
- **1 cup Cooked Chickpeas (How to Cook Beans)**
- **1 serving Cooked Veggie Mix**
- **1 serving Baked Root Veggie Mix**
- **1 serving Maple Pumpkin Seeds**
- **2 tablespoons mustard**

1. Combine all of the ingredients together in a bowl and enjoy!

SNACK

Fruit & Nut Butter

306 calories

- **2 bananas**
- **1 tablespoon peanut butter**

DINNER

2 tablespoons tahini

DINNER

Mushroom Rice Bowl

600 calories

Prep time: 2 minutes

Cook time: 5 minutes

Total time: 7 minutes

1 cup Cooked Sushi Rice

1 cup shredded Swiss chard

1 cup sliced mixed mushrooms

¼ cup vegetable broth, or ¼ cup water mixed with 1 teaspoon veggie bouillon paste

2 tablespoons sliced almonds

2 tablespoons nutritional yeast

1 tablespoon olive oil

1. Place all of the ingredients in a pot and cook over medium to high heat for 5 minutes. Stir well.

OceanofPDF.com

Day 20

1,994 CALORIES

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future."

—Deepak Chopra, integrative medicine expert and self-help guru

BREAKFAST

Chocolate Granola

552 calories

Prep time: 2 minutes

Total time: 2 minutes

½ cup vegan granola
½ cup unsweetened coconut yogurt
1 tablespoon cacao powder
1 tablespoon maple syrup
1 kiwi
½ cup blueberries
2 tablespoons walnuts

1. Combine all of the ingredients in a bowl and enjoy!

LUNCH

Potato Bake on a Bed of Arugula

493 calories

Prep time: 2 minutes

Cook time: 2 to 3 minutes

Total time: 4 to 5 minutes

1 serving Potato Bake
1½ cups arugula

1. Reheat the potato bake and then serve on a bed of arugula.

SNACK

Fruit & Nuts

177 calories

1 apple
2 tablespoons walnuts

DINNER

Coconut-Lentil Soup

772 calories

Prep time: 3 minutes

Cook time: 5 minutes

Total time: 8 minutes

1 serving Baked Root Veggie Mix
1 serving Yellow Lentil Mix
½ cup canned full-fat coconut milk
Sea salt and ground black pepper, to taste
½ tablespoon pumpkin seeds

1. Blend the root veggie mix, lentils, and coconut milk in a blender until smooth.

2. Transfer to a small pot and cook over medium heat for 5 minutes. Stir well. Season with salt and pepper.

3. Serve topped with the pumpkin seeds.

OceanofPDF.com

Yellow Lentil Bowl

701 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you choose to reheat the lentils and veggies)

- **1 serving Baked Root Veggie Mix**
- **1 serving Yellow Lentil Mix**
- **1 cup arugula**
- **½ avocado, sliced or diced**

1. Combine all of the ingredients in a bowl and enjoy!

SNACK

Veggies & Tahini

253 calories

- **3 carrots, sliced**
- **2 tablespoons tahini**

DINNER

Potato Bake & Swiss Chard

499 calories

Prep time: 2 minutes

Cook time: 2 to 3 minutes

Total time: 4 to 5 minutes

- **1 serving Potato Bake**
- **2 cups shredded Swiss chard**

1. Reheat the potato bake with the chard, and serve.

OceanofPDF.com

End of Week Three:

JOURNALING EXERCISE

What was the best thing about this week?

What did I learn about myself this week?

What did I learn about my eating habits this week?

What am I proudest of this week?

What could I improve next week?

What's my number one goal for next week?

OceanofPDF.com

Vegetable broth or veggie bouillon paste	
*Miso paste**	
Cacao powder	

MYLK

Cashew milk	1 quart
Full-fat coconut milk (for cooking)	1 small (8 ounce) can

OceanofPDF.com

Day 22

1,991 CALORIES

"Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift."

—*Mary Oliver, American poet*

BREAKFAST

Oatmeal with Papaya & Brazil Nuts

562 calories

Prep time: 2 minutes

Cook time: 2 minutes

Total time: 4 minutes

¾ cup quick oats
1¼ cups water
½ papaya, diced
¼ cup cashew milk
2 tablespoons sunflower seed butter
2 brazil nuts, chopped
2 teaspoons maple syrup
½ teaspoon vanilla extract (optional)

1. Cook the oats in a small pot with the water over high heat for 1½ to 2 minutes. Stir well.

2. Mix the cooked oats with all of the remaining ingredients and enjoy!

Prep time: 2 minutes

Cook time: 5 to 8 minutes

Total time: 7 to 10 minutes

6 ounces regular or gluten-free dried pasta
1 serving Creamy Butternut Sauce
2 cups shredded kale

1. Cook the pasta according to the package instructions (this usually takes 3 to 6 minutes depending on which brand you use).

2. Drain the pasta. Divide the cooked pasta in half and reserve half for tomorrow (see Note).

3. Add the remaining pasta to a pan along with the sauce and kale. Cook over medium heat for 2 minutes and then serve.

Note: Here you cook twice as much pasta as you need, since you'll need it tomorrow as well. Keep the additional pasta in an airtight container in the refrigerator

OceanofPDF.com

Day 23

1,968 CALORIES

"That's what it takes to get what you want. Not big scary leaps once a year. It takes small, but irritating moves every single day."

—*Mel Robbins, life coach and motivational speaker*

BREAKFAST

Berry Green Smoothie Bowl

540 calories

Prep time: 3 minutes

Total time: 3 minutes

Smoothie Base

2 frozen bananas
1 ripe banana
1 cup shredded kale
½ cup cashew milk
½ teaspoon vanilla extract

Toppings

2 tablespoons almonds
1 tablespoon dried cranberries
¼ cup mixed berries (blueberries or raspberries)

1. Blend all the smoothie base ingredients in a blender until smooth.

2. Pour into a bowl, add the toppings, and enjoy!

LUNCH

1 serving Shiitake Bacon

1. Combine all of the ingredients in a bowl and enjoy!

Prepare the Chia Pudding for Tomorrow

1¼ cups cashew milk
6 tablespoons chia seeds
1 tablespoon maple syrup
1 teaspoon vanilla extract

1. Mix the cashew milk, chia seeds, maple syrup, and vanilla in a glass or jar and store in the fridge overnight.

OceanofPDF.com

Day 24

1,985 CALORIES

"Filtering the people we allow into our lives is probably the most important factor in determining whether we will live a happy life or not."

—James Altucher, entrepreneur and author

BREAKFAST

Chia-Pear-Vanilla Pudding

579 calories

Prep time: 2 minutes

Total time: 2 minutes

Chia Pudding
1 ripe pear, chopped
3 tablespoons cashews, chopped

1. Top the chia pudding with the chopped pear and cashews and enjoy.

LUNCH

Tempeh Bowl

663 calories

Prep time: 2 minutes

Total time: 2 minutes (add 2 to 3 minutes if you choose to reheat the beans and tempeh)

2 cups mesclun

1 cup Cooked Kidney Beans

1 serving Miso-Ginger Tempeh

3 tablespoons mustard

1. Combine all of the ingredients in a bowl and enjoy!

SNACK

Fruit & Nuts

113 calories

½ cup mixed berries

2 tablespoons almonds

DINNER

Bell Pepper Coco Turmeric Stew

630 calories

Prep time: 2 minutes

Cook time: 7 minutes

Total time: 9 minutes

1 red bell pepper, sliced

1 garlic clove, minced

1 teaspoon olive oil

¾ cup vegetable broth, or ¾ cup water mixed with ¾ teaspoon veggie bouillon paste

1 cup canned full-fat coconut milk

½ cup Cooked Red Quinoa

1 serving Cooked Cauliflower & Kale Mix

2 teaspoons ground turmeric

Pinch of sea salt

½ handful of fresh herbs of your choice, for garnish (optional)

1. In a pot, sauté the bell pepper and garlic in the oil over high heat for 2 minutes.

2. Reduce the heat to medium and add the broth, coconut milk, quinoa, veggie mix, turmeric, and salt. Stir well and cook for 5 more minutes.

3. Serve topped with the herbs, if using.

OceanofPDF.com

Day 25

1,903 CALORIES

"Forgive them. All of your thems. The more thems you can forgive, the lighter you'll feel."

—Karen Salmansohn, best-selling author

BREAKFAST

Blueberry-Chocolate Shake

565 calor es

Prep time: 3 m nutes

Total time: 3 m nutes

2 frozen bananas
1 ripe banana
1½ cups cashew milk
½ cup frozen blueberries (or fresh)
2 tablespoons cacao powder
1 tablespoon sunflower seed butter
½ teaspoon vanilla extract

1. Blend all of the ingredients in a blender until smooth and enjoy!

LUNCH

Chickpea & Strawberry Salad

650 calor es

Prep time: 5 m nutes

Total time: 5 minutes

1 avocado, mashed
Juice of 1 lemon
Pinch of sea salt
Pinch of smoked salt (optional)
2 cups mesclun lettuce
1 cup strawberries, halved
1 cup Cooked Chickpeas
Handful of fresh cilantro leaves

1. In a large bowl, mix together the mashed avocado, lemon juice, sea salt, and smoked salt, if using, then "massage" it into the mesclun.

2. Mix in the strawberries, chickpeas, and cilantro and enjoy!

SNACK

Fruit

117 calories

2 pears

DINNER

Tomato-Mushroom Spaghetti with Candied Pine Nuts

571 calories

Prep time: 2 minutes

Cook time: 7 to 8 minutes

Total time: 9 to 10 minutes

3 ounces regular or gluten-free dried spaghetti
1 tablespoon olive oil

2. Blend all the other ingredients in a blender until smooth. Pour over the zucchini.

3. Bake for 45 minutes.

4. Let cool and store in an airtight container in the fridge.

Make the Cooked Green Veggie Mix

Makes 2 servings

1½ cups halved Brussels sprouts
1½ cups chopped broccoli
½ teaspoon sea salt
1 tablespoon olive oil

1. Sauté the vegetables with the salt in the oil over medium heat for 7 minutes. Let cool and store in an airtight container in the fridge.

OceanofPDF.com

Day 26

1,995 CALORIES

"The universe buries strange jewels deep within us all, and then stands back to see if we can find them."

—Elizabeth Gilbert, author

BREAKFAST

Sunflower Seed & Berry Toasts

576 calories

Prep time: 2 minutes

Total time: 2 minutes

2 slices regular or gluten-free bread
3 tablespoons sunflower seed butter
½ cup fresh strawberries, halved
1 glass (1½ cups) cold cashew milk

1. Toast the bread (optional) and top with the sunflower seed butter and berries.

2. Enjoy with a glass of ice-cold cashew milk.

LUNCH

Heart of Palm & Kale Salad

585 calories

Prep time: 3 minutes

Total time: 4 minutes

1 serving Zucchini Bake
1 cup shredded kale
½ cup Cooked Adzuki Beans

1. Reheat the zucchini bake with the kale and beans in a pot or pan over medium to high heat for 4 minutes, then enjoy!

OceanofPDF.com

LUNCH

Hearts of Palm & Chickpea Sandwich

589 calories

Prep time: 3 minutes

Total time: 3 minutes

- **1 cup Cooked Chickpeas**
- **½ jar hearts of palm, chopped**
- **Juice of 1 lemon**
- **1 teaspoon olive oil**
- **Pinch of sea salt**
- **Pinch of smoked paprika**
- **2 slices regular or gluten-free bread, toasted**
- **Handful of mesclun lettuce**
- **2 tablespoons mustard (optional)**

1. In a bowl, mash the chickpeas, hearts of palm, lemon juice, oil, salt, and smoked paprika using a fork (or use a food processor).

2. Spread on top of the toasts and sandwich with the mesclun and the mustard, if using.

SNACK

Fruit & Nut Butter

309 calories

- **2 bananas**
- **1 tablespoon sunflower seed butter**

DINNER

Creamy Zucchini Casserole with Potato Wedges

608 calories

Prep time: 0 minutes

Cook time: 4 minutes

Total time: 4 minutes

1 serving Creamy Zucchini Bake
1 serving Baked Potato Wedges
1 cup mixed greens

1. Reheat the zucchini bake for 4 minutes (you can reheat the wedges at the same time). Serve with the greens and enjoy!

Prepare the Chia Pudding for Tomorrow

¾ cup cashew milk
6 tablespoons chia seeds
2 tablespoons cacao powder
2 teaspoons maple syrup
1 teaspoon vanilla extract

1. Mix the cashew milk, chia seeds, cacao, maple syrup, and vanilla in a glass or jar and store in the fridge overnight.

OceanofPDF.com

Day 28

1,940 CALORIES

"Do the best you can until you know better. Then when you know better, do better."

—Maya Angelou, American poet and activist

BREAKFAST

Chocolate-Chia-Raspberry Pudding

559 calories

Prep time: 2 minutes

Total time: 2 minutes

Chia Pudding (from Day 27)
½ cup fresh raspberries (see Note)
2 tablespoons chopped cashews

1. Top the chia pudding with the raspberries and cashews and enjoy!

Note: You can use frozen berries; heat them in a small pot for 2 to 3 minutes beforehand.

LUNCH

Potato Bean Bowl

740 calories

Prep time: 3 minutes

1 serving Creamy Cilantro Dressing

1. Combine all of the ingredients in a bowl and enjoy!

OceanofPDF.com

After the Vegan Reset

JOURNALING EXERCISE

In the form of a journal entry or a letter, write down what you believe you accomplished and improved over the past four weeks, how you feel now, and which of these qualities you plan to continue to grow. Then, write down what areas you struggled with the most and what actions you will implement to work on these challenges in the future

OceanofPDF.com

remember what it used to be like and to meet people exactly where they are

OceanofPDF.com

THE IMPORTANCE OF WATER

Vitamin-Infused Water

Infusions

Hot Drinks

Coffee-Based Drinks

JUICES

Fresh Juices

SMOOTHIES

VEGAN MILKS (OR MYLK)

Nut Milks

More Nondairy Milks

Fruit-Based Ice Cream

Mylkshakes

NUT & SEED BUTTERS

TOPPINGS

Dressings

Dips & Sauces

Chia Puddings

Overnight Oats

Creamy Cashew-Papaya-Maple-Pecan Oatmeal

Peach & Berry Parfait

Peanut Butter Blueberry & Chia Parfait

Chili-Lime Cauliflower Bowl
Purple Cabbage Chickpea Boats
Oyster Chop & Potato Bowl
Maple-Glazed Tempeh with Saffron Quinoa & Steamed Kale
Tahini Caramel Sauce
Chocolate Sauce
Homemade Chocolate Base
Salted Pistachio Chocolate
Goji Berry Chili Pralines
Hazelnut Vanilla Pralines
Salted Dark Chocolate Nut but Ter Cups
Double Chocolate Brownies
Red Velvet Truffles
Avocado-Chocolate Mousse
Apple-Cinnamon Crumble with Coconut Cream
Espresso & White Chocolate Cashew Mousse

OceanofPDF.com

When using fruits such as cherries or strawberries, you'll want to slice them prior to adding to the water to extract more flavor. In order to reduce overall waste, you can refill your infused water container a few times throughout the day without changing the fruit. You can even blend the fruit into a smoothie at the end of the day to eliminate all waste.

OceanofPDF.com

Apple Cider Elixir

1 tablespoon apple cider vinegar
Juice of 1 lime
1 tablespoon maple syrup
1 to 2 cups hot water

OceanofPDF.com

mmersion blender, or blend all the room temperature ingredients first and then heat the mixture in a pot

OceanofPDF.com

FRESH JUICES

Juicing, once you have your juicer, is relatively easy. Simply cut the fruits and vegetables, peel them when necessary (citrus, for instance, but produce with a thinner skin, like apples, doesn't need to be peeled) and run them through the juicer. Here are some suggested ingredient combinations; all make 1 serving, although the total volume will vary.

Simple Green Love

2 cups kale
2 cups fresh spinach leaves
2 green apples
1 lemon
¼-inch piece fresh ginger

Grapefruit-Fennel Delight

2 celery stalks
1 pear (or apple)
1 grapefruit
¼ fennel bulb

Immune Booster

3 carrots
2 celery stalks
1 apple
½ beet
¼-inch piece fresh turmeric

The Greenest Green

½ head romaine

1 cup kale
1 cucumber
2 celery stalks
1 lemon

Note: This juice is extremely healthy and will not have a sweet taste

Pineapple Delight

3 cups pineapple
4 leaves lacinato kale
Handful of fresh parsley leaves
Handful of fresh mint leaves
1 lemon
¼-inch piece fresh ginger

Turmeric Orange Booster

3 large oranges
½-inch piece fresh turmeric
¼ cucumber

Watermelon Cooler

Makes 2 small or 1 large

½ small watermelon
½ cucumber
1 handful fresh mint
1 lime

OceanofPDF.com

OceanofPDF.com

SMOOTHIES

Blend all of the ingredients in a blender, pour into a glass or jar, and enjoy. Here are some of my favorite smoothie combinations. Each recipe makes one serving of about 16 ounces.

Blue Medjool Smoothie

2 frozen bananas
1 cup fresh blueberries
½ cup water
2 pitted Medjool dates
2 tablespoons whole almonds
1 teaspoon maca powder

Soul Shine Smoothie

2 bananas
¾ cup frozen peaches
¾ cup frozen mango chunks
½ cup water
5 to 10 basil leaves
½-inch piece fresh ginger, peeled and grated
1 teaspoon hemp seeds

Littlefoot Smoothie

1 banana
2 lacinato kale leaves
½ celery stalk
1 cup frozen mango chunks
½ papaya
½ cup coconut water
2 teaspoons ground flaxseed

Coconut-Lemon Cheesecake Smoothie

2 frozen bananas
¾ cup coconut water
½ cup cashews
Juice of ½ lemon
3 pitted Medjool dates
1 tablespoon unsweetened shredded coconut
½ teaspoon vanilla extract

Cinnanut Smoothie

2 frozen bananas
1 cup mixed baby greens
½ cup almond milk
2 tablespoons cashews
2 tablespoons hazelnuts
1 tablespoon cacao powder
½ teaspoon vanilla extract
½ teaspoon ground cinnamon

Epic Sunshine Smoothie

1 cup frozen mango chunks
1 cup frozen peaches
1 banana
½ cup carrot juice
½ cup coconut water
2 teaspoons ground flaxseed

Solero Smoothie

2½ cups frozen mango chunks
¼ cup freshly squeezed blood orange juice
¼ cup freshly squeezed orange juice
¼ cup carrot juice
2 teaspoons ground flaxseed

Perfect Post-Workout Green Smoothie

1 cup frozen peach slices
1 cup fresh spinach leaves
½ cup freshly squeezed orange juice
½ mango, peeled and pit removed
⅓ cup ice cubes
½ handful of fresh basil leaves
2 teaspoons hemp seeds
1 teaspoon chia seeds

Petit Gervais Smoothie

1½ cups frozen strawberries
1 cup fresh spinach leaves
½ cup water
1 peach, pitted
½ ripe pear
¼ avocado
3 pitted Medjool dates

Better Than Coffee Smoothie

1 cup frozen pineapple
1 cup curly kale
½ cup freshly squeezed orange juice
½ cup fresh spinach leaves
½ handful fresh basil leaves
1 teaspoon spirulina

Sweet Green Banana Smoothie

2 frozen bananas
1 cup romaine lettuce
½ cup water
¼ cucumber
½ handful of fresh basil leaves
¼-inch piece fresh ginger, peeled and grated
½ teaspoon vanilla extract

Smoothie

2 cups frozen mango chunks

Juice of 1 lime

½ cup plant-based yogurt (like coconut, soy, or almond)

1 teaspoon maple syrup

1 tablespoon ground flaxseed

Toppings

2 strawberries, sliced

1 tablespoon unsweetened shredded coconut

1. Blend all the smoothie ingredients until smooth, adding a little more yogurt if necessary until it reaches the desired consistency. Top with the toppings and enjoy!

OceanofPDF.com

1. Blend all of the ingredients in a food processor or blender until smooth. Pour into ice pop molds. Freeze for at least a couple of hours, until solid.

Juice Pops & ICE CUBES

You can turn any of the recipes from the section on juicing (see Juices) into juice pops by freezing them in ice pop molds or an ice cube tray. Another fun way to refresh your water in the summer is to place single berries and/or herbs in ice cube trays, then fill them with coconut water, lemon-infused water, or plain water. Freeze them overnight and serve them in ice water

OceanofPDF.com

1 tablespoon coconut butter
¼ teaspoon vanilla extract
1 tablespoon unsweetened shredded coconut

1. Blend the coconut milk, ice cubes, bananas, cacao powder, coconut butter, and vanilla until smooth.

2. Top with the shredded coconut and enjoy!

Orange Creamsicle Shake

1 cup coconut milk
1 cup ice cubes
½ peeled orange (or ½ cup orange juice)
2 pitted Medjool dates

1. Blend all of the ingredients until smooth and enjoy!

OceanofPDF.com

3. Place 2 cups of the roasted nuts in a food processor or blender, then process on high speed for 8 to 10 minutes. Add the salt and the remaining 1 cup peanuts and pulse for a few seconds, until the peanut butter has a chunky consistency.

4. Let cool, then store in an airtight container in the fridge.

OceanofPDF.com

Other INGREDIENTS THAT CAN BE USED AS TOPPINGS

Unsweetened dried cranberries, raisins, or other **dried fruit**

Sun-dried tomatoes

Bread crumbs

Nuts, either whole, chopped, or sliced, toasted if you want (Note: Mix nuts like pine nuts or cashews with a little maple syrup to create a candied topping that tastes amazing in pasta dishes)

Seeds

OceanofPDF.com

¼ teaspoon garlic powder

1. Mix or blend all of the ingredients until smooth.

OceanofPDF.com

1 cup cashew milk
¼ cup chia seeds
1 tablespoon cacao powder
2 teaspoons maple syrup
¼ teaspoon vanilla bean
Pinch of sea salt
Pinch of cinnamon

Toppings
¼ cup frozen cherries
1 teaspoon maple syrup
¼ cup fresh pitted cherries

1. Mix all of the pudding ingredients thoroughly using a whisk, then store in the fridge overnight (or for at least 2 to 3 hours).

2. Cook the frozen cherries and maple syrup in a small pot over medium heat for 4 minutes. Top the pudding with the maple-cherry mixture and the fresh cherries.

OceanofPDF.com

OVERNIGHT OATS

MAKES 1 SERVING

Oatmeal

½ cup quick-cooking oats

1 cup hemp milk

2 teaspoons maple syrup

¼ teaspoon vanilla extract

Pinch of sea salt

Toppings

¼ cup fresh berries of your choice

2 figs, sliced

1 tablespoon almond butter

1 tablespoon sliced almonds

1. Mix all of the oatmeal ingredients thoroughly, then transfer to a jar or bowl and refrigerate overnight.

2. Add the toppings and enjoy!

OceanofPDF.com

Creamy CASHEW-PAPAYA-MAPLE-PECAN OATMEAL

MAKES 1 SERVING

¾ cup quick-cooking oats
1 cup water
½ cup cashew milk
1 tablespoon maple syrup
½ teaspoon vanilla extract
Pinch of sea salt

Toppings
½ papaya, diced
¼ cup pecans
1 teaspoon maple syrup

1. Cook the oats in the water in a small pot over high heat for 2 minutes.

2. Mix in the cashew milk, maple syrup, vanilla, and salt, then cook for 1 more minute.

3. Serve with the toppings.

OceanofPDF.com

3. Using a fork or a whisk, mix the coconut yogurt with the peach pieces (or blend them together in a blender) and add the peach layer to the glass.

4. Add the toppings and enjoy!

OceanofPDF.com

5. To serve, sprinkle the tacos with black pepper and garnish with cilantro, tomatoes, and the avocado.

OceanofPDF.com

2. Mixing constantly, add the flaxseed mixture and the remaining ½ cup water little by little to the dry ingredients. Add the mushrooms, chives, and pepper.

3. Heat the oil in a pan over medium heat. Pour in the omelet batter and cook for 5 minutes on the first side. Flip and cook for 3 minutes on the other side.

4. To serve, fill the omelet with the arugula, tomatoes, parsley, and barbecue sauce, if using.

OceanofPDF.com

ingredients. Don't overmix.

4. Stir in the berries and pecans.

5. Fill the muffin pan with the batter. Bake for about 25 minutes. Let cool and enjoy!

OceanofPDF.com

PAPAYA BOATS

WITH VANILLA ICE CREAM & RAISINS

MAKES 2 SERVINGS

2 frozen bananas, cut into chunks
¼ cup almond milk
1 teaspoon vanilla extract
1 medium papaya, cut in half, seeds removed
⅓ cup raisins
Finely shredded unsweetened coconut, for garnish

1. Blend the banana, almond milk, and vanilla in a blender until smooth (depending on whether you're using a high-speed blender or not, you may need to add a little more liquid).

2. Fill the papaya boats with the raisins. Scoop the ice cream from the blender into the papaya boats, then sprinkle with coconut and enjoy!

OceanofPDF.com

4. Add the grape tomatoes and sun-dried tomatoes and let simmer for 5 more minutes.

5. Stir well and add more seasonings if desired. Serve garnished with the oregano.

OceanofPDF.com

bake on a parchment paper lined baking sheet at 400°F for 20 to 25 minutes

OceanofPDF.com

Note: Nori is a kind of seaweed usually used for sushi. To toast it, hold it with tongs over the flame of your burner for a few seconds.

OceanofPDF.com

3. Top with the almonds and hemp seeds and enjoy.

Note: If you're preparing this in advance, be sure to store the dressing separately and only mix it when you're about to eat the salad.

OceanofPDF.com

GRAPEFRUIT-PISTACHIO

Salad

MAKES 2 SERVINGS

2 cups cooked millet (see How to Cook Quinoa)
1 cucumber, chopped
2 green onions, finely chopped
Sea salt and ground black pepper, to taste
2 grapefruits, zested (for 2 teaspoons zest), peeled, and diced
4 cups arugula
3 tablespoons balsamic vinegar
⅓ cup chopped pistachios

1. Mix the millet with the cucumber and green onions and season with salt and pepper.

2. Serve the millet mixture and diced grapefruit on a bed of the arugula.

3. Dress with the vinegar and top with the pistachios and grapefruit zest.

OceanofPDF.com

4. Add the noodles and kale and cook for 5 more minutes over low heat, stirring well so it doesn't burn. Add more water if necessary, but not too much.

5. Serve the soup sprinkled with the pepper and fresh herbs.

OceanofPDF.com

4. Cook the pasta according to package instructions. Serve topped with the sauce, and garnish with more fresh basil and a few halved cherry tomatoes.

Note: Instead of using the sun-dried tomato paste, you can use ⅓ cup chopped sun-dried tomatoes and increase the regular tomato paste to 1 tablespoon.

OceanofPDF.com

Creamy MUSHROOM PENNE

MAKES 2 SERVINGS

Mushrooms & Pasta

1 cup cremini mushrooms, thinly sliced

1 cup shiitake mushrooms, stems discarded, thinly sliced

1 cup white button mushrooms, thinly sliced

1 shallot, chopped

1 garlic clove, minced

1 tablespoon olive oil

6 ounces dried regular or gluten-free penne

Note: Brush or peel the mushrooms to clean them, but don t wash them

Sauce

1 cup vegetable broth, or 1 cup water mixed with 1 teaspoon veggie bouillon paste

½ cup cashews, soaked in water (see soaking cashews (and other nuts and seeds))

1 tablespoon nutritional yeast

1 tablespoon olive oil

Juice of ½ lemon

Pinch of sea salt

Pinch of ground black pepper

½ teaspoon dried basil

6 sun-dried tomatoes

1 tablespoon fresh oregano leaves

3. Reduce the heat to low and add the spinach to the sauce, then cook for 2 more minutes.

4. Serve the pasta with the sauce, tomatoes, and pepper.

OceanofPDF.com

2. Add the cilantro and green onion and pulse again.

3. Stir in the lime juice.

4. For the curry, sauté the onion, bell pepper, and garlic in the oil over medium heat for 5 minutes.

5. Add the coconut milk and veggie paste and stir well. Add the chickpeas, cashews, curry powder, chile, paprika, coriander, salt, and black pepper. Cook for 7 more minutes. Stir in the spinach at the very end.

6. Serve over the cauliflower rice and garnish with fresh cilantro.

Note: If you'd prefer, you can serve the curry over cooked brown rice, millet, or quinoa instead of making the cauliflower rice

OceanofPDF.com

OceanofPDF.com

4. Stir the cardamom and lime juice into the couscous and transfer the couscous to the pan with the vegetables, stirring to combine.

5. Cook the collard greens and kale in a large pan with about 2 tablespoons water over high heat for 3 minutes.

6. Serve the couscous and vegetables over the greens and garnish with the parsley.

OceanofPDF.com

4. Meanwhile, sauté the mushroom chops in the oil over medium heat for 3 minutes.

5. Add the liquid smoke, soy sauce, and salt to the pan and mix well.

6. Add the cabbage and broccoli and cook everything for 5 to 7 more minutes. Serve the mushroom mixture and the potatoes together in a bowl.

OceanofPDF.com

3. Sauté the onion and garlic in the oil in a pan over medium heat for 5 minutes.

4. Add the bell pepper and tempeh to the pan and sauté for 3 more minutes. Reduce the heat to low. Add the liquid smoke, onion flakes, soy sauce, smoked paprika, coriander, salt, and saffron, and cook for 5 minutes more. Add the maple syrup, mix well, and remove from the stovetop.

5. When the timer reaches minute 18, add the kale and green onion to the quinoa and cook over medium-low heat for 5 more minutes.

6. Serve the quinoa mixture with the tempeh mixture, and the mustard for dressing.

OceanofPDF.com

Tahini CARAMEL SAUCE

MAKES ABOUT ¾ CUP

⅓ cup coconut sugar
¼ cup water
⅓ cup tahini
¼ teaspoon sea salt

1. Mix the coconut sugar and water in a small pot. Cook over medium to high heat for 3 minutes. Don't stir too much.

2. Remove the pot from the stovetop and whisk in the tahini and salt until the caramel sauce is thick and creamy.

OceanofPDF.com

CHOCOLATE SAUCE

MAKES ABOUT ¾ CUP

⅓ cup cacao powder
⅓ cup maple syrup
¼ cup coconut oil, melted
Pinch of sea salt

1. Mix all of the ingredients together using a whisk.

OceanofPDF.com

Homemade CHOCOLATE BASE

½ cup melted cacao butter
½ cup cacao powder
3 tablespoons coconut nectar (or maple syrup)
1 teaspoon coconut oil
⅛ teaspoon vanilla extract
Pinch of sea salt

1. Mix all of the ingredients using a whisk. Pour into chocolate molds and refrigerate or freeze for at least 30 to 60 minutes before serving, or use it to make one of the chocolates described here.

Salted Pistachio
CHOCOLATE

Ingredients for Homemade Chocolate Base (above)

¼ cup pistachios (chopped or whole, as you prefer)

¼ teaspoon sea salt

1. Mix all of the ingredients using a whisk. Pour into chocolate molds or spread the mixture on a parchment paper–lined baking sheet and refrigerate or freeze for at least 30 to 60 minutes before serving. If you used a baking sheet, break into individual serving pieces.

OceanofPDF.com

Goji Berry CHILI PRALINES

MAKES 6 TO 8 PRALINES, DEPENDING ON THE SIZE OF THE MOLDS

Ingredients for Homemade Chocolate Base

⅓ cup goji berries

¼ teaspoon crushed red pepper flakes

1. Mix all of the ingredients using a whisk. Pour into praline molds or lined mini-muffin cups and refrigerate or freeze for at least 30 to 60 minutes before serving.

OceanofPDF.com

HAZELNUT

Vanilla

PRALINES

6 TO 8 PRALINES, DEPENDING ON THE SIZE OF THE MOLDS

Ingredients for Homemade Chocolate Base

½ teaspoon vanilla bean paste

⅓ cup whole hazelnuts

1. Mix the chocolate base ingredients and vanilla paste using a whisk. Place 1 hazelnut into each praline mold or lined mini-muffin cup and then fill the molds with the chocolate. Refrigerate or freeze for at least 30 to 60 minutes before serving.

OceanofPDF.com

Notes: The baking time may vary depending on the size of the pan you're using. You can also double the recipe and use a larger pan, which will also affect the baking time.

Feel free to add ½ cup chopped walnuts or any nuts you like to the batter.

OceanofPDF.com

5. Using toothpicks or your hands, coat the truffles with the white chocolate mixture one by one and then roll them in the shredded coconut.

6. Refrigerate or freeze the truffles for about 10 minutes before serving.

OceanofPDF.com

Avocado-Chocolate MOUSSE

MAKES 4 SERVINGS

2 small to medium ripe avocados
½ cup cacao powder
½ cup chocolate chips, melted
½ cup maple syrup
¼ cup plant-based milk of choice
Pinch of sea salt
Fresh mixed berries, for serving
A few sprigs fresh mint, for serving

1. Blend the avocados, cacao powder, chocolate chips, maple syrup, plant-based milk, and salt in a blender until smooth.

2. To serve, place some berries in parfait glasses, add the mousse, and garnish with mint leaves.

Note: This mousse should be eaten soon after it's made, so be sure to prepare it as close to serving time as possible. Keep the mousse refrigerated until you're ready to serve.

OceanofPDF.com

OceanofPDF.com

OceanofPDF.com

OceanofPDF.com

Appendix & RESOURCES

WHAT TO EAT INSTEAD

Meat

Tofu

Tempeh

Seitan

Jackfruit

Mushrooms

Legumes

Honey

Blackstrap molasses

Brown rice syrup

Coconut nectar

Maple syrup

Cheese

There are many store-bought vegan cheese options, or you can make homemade "cheesy" sauces using some of the recipes in this book. Nutritional yeast and nuts are common ingredients used to create a cheesy flavor.

Eggs

(The measurements are the equivalent of one egg used for cooking or baking.)

1 tablespoon ground flaxseed + 3 tablespoons water

¼ cup unsweetened applesauce

1 tablespoon chia seeds + ⅓ cup water

1 tablespoon agar-agar + 1 tablespoon water

½ to 1 ripe banana, mashed

3 tablespoons peanut butter

2 tablespoons aquafaba (the liquid from canned chickpeas)

Butter

Unrefined coconut oil

Vegan butter or margarine

Olive oil (keep in mind the flavor is less neutral than coconut oil)

Mashed avocado

Unsweetened applesauce

Sugar

Organic sugar

Dates

Molasses

Maple syrup

Brown rice syrup

Coconut sugar

Coconut nectar

Applesauce

Bananas (or any other sweet fruit)

WHAT TO DRINK INSTEAD

Milk

Coconut milk (the type in cartons, not cans)

Oat milk

Hemp milk

Rice milk

Walnut milk

Soy milk

Hazelnut milk

Almond milk

Brazil nut milk

Cashew milk

WHAT TO WEAR INSTEAD

Faux leather

Cotton

Linen

Synthetic material such as polyester, nylon, acrylic, and rayon

Faux suede

Cork

Microfiber

WHAT TO DO INSTEAD

Broccoli

Asparagus

Green beans

Almonds

Spirulina

Green peas

Hemp seeds

Oats

Pumpkin seeds

Chia seeds

Tempeh

Tahini

Nutritional yeast

Spinach

Chickpeas

Peanut butter

Plant-based foods that are rich in calcium

Kale

Collard greens

Blackstrap molasses

Tempeh

Turnip greens

Fortified nondairy milk

Hemp milk

Fortified orange juice (just make sure it doesn't contain vitamin D_3 derived from animal products)

Tahini

Almond butter

Great northern beans

Soybeans

Broccoli

Fennel

Blackberries

Black currants

Oranges

Dried apricots

Figs

Dates

Artichokes

Sesame seeds

Adzuki beans

Navy beans

Amaranth

Vitamin B_{12}

Getting enough Vitamin B_{12} is important for healthy brain and nervous system functioning. Although there are some good vegan sources such as nutritional yeast, spirulina, and seaweed, I recommend you take a supplement. Here are some important things to know about B_{12}:

Seaweed

Beans

Winter squash

Leafy greens

Cabbages

Berries

Wild rice

Herbs and spices

Mangoes

Honeydew melon

Iron

Beans and dark green leafy vegetables are great sources of iron. Iron absorption is increased significantly by eating foods containing vitamin C along with foods containing iron.

Soybeans

Blackstrap molasses

Lentils

Spinach

Tofu

Chickpeas

Tempeh

Lima beans

Swiss chard

Collard greens

Kidney beans

Black beans

Potatoes

Quinoa

Tahini

Peas

Cashews

Bok choy

Raisins

Dried apricots

Watermelon

Almonds

Kale

Sunflower seeds

Brussels sprouts

OceanofPDF.com

Last but not least, this book was written in memory of my father, who I wish I could have saved. I hope that it inspires those who feel as hopeless as he did to believe in themselves and believe that they are worthy of change. There's a Rumi quote that'll always remind me of him: ***"Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there."***

OceanofPDF.com

& Almond Salad, Creamy, 244
& Chickpea Sandwich, 132
& Kale Salad, 130
Herbs, 23. *See also specific herbs*
Honey alternatives, 147
Household products, 151

I

Ice Cream
Banana, 188
Blueberry-Banana, 100
Cherry-Banana, 190
Chocolate-Mint, 190
Vanilla, & Raisins, Papaya Boats with, 232
Infusions
Ginger-Lemon, 160
Lemon or Lime, Sweet, 160
Mint, Sweet, 160

J

Journaling, 36, 40
Juice cleanses, 169–70
Juicers, 21, 166–68
Juices
about, 166–70, 174
Grapefruit-Fennel Delight, 172
The Greenest Green, 172
Immune Booster, 172
making pops & ice cubes with, 191
Pineapple Delight, 172
Simple Green Love, 172
Turmeric Orange Booster, 172
Watermelon Cooler, 172

Cooked Veggie Mix, 44
Jumbo Green Smoothie, 62
Noodle Salad, Creamy, with Walnuts, 243
-Nut Sauce, Spinach Pasta with, 256
Potato Bake, 104
-Potato Soup, 242

OceanofPDF.com

Connect with HMH on Social Media

Follow us for book news, reviews, author updates, exclusive content, giveaways, and more.

Twitter Facebook Tumblr

Pinterest Instagram

Houghton Mifflin Harcourt

OceanofPDF.com